

I. DIVING PHILOSOPHY

The diving program is organized to help youth develop important qualities that will carry into their adult life. Through consistent practice, participants will enhance their physical coordination and fitness as well as skill development. Gradual improvement in competition encourages stronger self-confidence and personal esteem. Participation in a team environment generates sportsmanship and team spirit. This program encourages family participation as support spectators, members of parent support groups, or volunteer officials at the competitive meets. The Mesa Parks, Recreation and Cultural Division hopes to make your child's experience fun and rewarding.



II. OBJECTIVES

Each child who participates in the program shall:

- A. Be taught basic competitive diving skills and participate in rigorous and organized practices.
- B. Develop the qualities of self-discipline, sportsmanship and fitness through cooperative and regular participation in the practices and team competitions.
- C. Gain knowledge of the lifelong benefits to be found in competitive diving and take pride in their accomplishments.
- D. Learn the values of team membership.

III. REGISTRATION

- A. No diver shall practice until registration fee is paid.
- B. **As a member of the dive team, it is expected that divers will compete in at least one meet per season. If a participant does not want to compete at all during the season, it is suggested that they participate in lessons instead of the competitive dive team.**

IV. ELIGIBILITY

- ☆ A. **No league diver may participate in any USD or any other organized diving program other than those approved by the league director any time after March 31st. If a diver continues to dive in an unapproved program after March 31st, they are not eligible for participation in the Mesa City League. (High school athletes may compete in our league.)**
- B. **Divers must be 6 years old to participate in the diving program.**
- C. Determination of age for diving in the league shall be the diver's age on the first day of practice.
- D. Age groups for competition shall be: 8 and under; 9-10; 11-12; 13-14; and 15-17.
- E. **The dive coach has complete authority over the decision of eligibility concerning any safety issues and team prerequisites.**

Team Prerequisites- If the diver is unable to demonstrate the required skills at the end of the first week of practice they will not be able to continue participation in the program. Dive lessons are highly recommended before beginners start team.

- **Divers must be able to demonstrate efficient swimming skills in deep water.**
- **Divers ages 6 - 8 must be able to demonstrate a safe back jump and a three or four step hurdle with a front dive without stopping or pausing.**
- **Divers 9 and older must be able to demonstrate a safe back jump, a three or four step hurdle with a front dive and either a back dive, inward dive or a front somersault with the appropriate approach.**

V. LIABILITY

A parent or guardian signature is required on the registration card when registering for the diving program. The card informs the parent of the risks associated with strenuous physical exertion when participating in competitive aquatic activities and injury may result. Mesa Parks, Recreation and Cultural Division employees are not liable for any injury sustained in participation in the program including transportation to and from the activities. The supervisor, participants, and parents are also held harmless.

If you have any questions about this, please consult the League Director.

VI. SWIM SUIT

- A. A team suit color is selected for each dive team. Youth are not required to wear a team suit; however, we encourage participants to wear a suit in the team colors. Suits in the team's colors are available at either East Valley Sports 6306 E. Main Street 480-832-8172 or Ski Pro 1924 W. 8th Street 480-962-6910, Riverview.
- B. Any swimsuit that is appropriate and functional for diving is acceptable. (No two-piece swimming suits will be allowed.) **No girls can wear shorts during competition. Boys' shorts must not be below the kneecap when wet. (Boys may NOT roll, pin or cut their shorts to be the appropriate length. They must appear unaltered.) We highly encourage boys to wear jammers or Speedos in meets to enable judges to better see body position.**

VII. AWARDS AND MEET ORGANIZATION

A. Awards

1. Weekly Dive: Ribbons will be awarded for 1st - 8th place, in each age group. Participation ribbons are given to all other participants in the weekly meets.
2. League Qualifying: Ribbons will be awarded for 1st - 8th place, in each age group. Participation ribbons are given to all other participants.
3. League Championship Meet: Age group winners will receive a trophy, second and third place winners will receive a medal, and fourth through eight will receive ribbons.

B. Meet Organization

1. Weekly Dive Meets: Divers will compete a specified number of dives each meet (Please see the attached diving schedule.). It is important to attend practice the day of the meet in order to fill out the dive entry sheets correctly.
2. Everyone will be eligible to participate in the qualifying meet that has participated in at least one regular season meet.
3. The top eight boys and girls from each age group will qualify for the championship meet. ***If there are less than 8 boys or girls in an age group that age group will be automatically finalized and may not dive in the qualifying meet.***
4. Five judges will be used during the qualifying and championship meets. The high and the low scores will be dropped to ensure fairness.

******5. In all qualifying and championship meets once the divers have been seated in their order there will be no changes allowed.**

VIII. LEAGUE DIVING RULES

The United States Diving rules will govern all meets with the following exceptions:

- A. All diving sheets must be in the hands of the meet director (host coach) prior to that ages warm ups.
- B. Divers entries may be changed up to 15 minutes before the start of their age group. After that time no entries will be changed and the diver must execute the dive written on the entry. The diver can change the position but not the dive. The diver will use the lower of the degree of difficulties if the position is changed. However, it should be emphasized that the intention of this rule is to protect the safety of the diver; it is not to allow a diver to change their list for competitive advantage.
- C. No one should do anything that could distract a diver on the board. After one warning, an individual will be declared ineligible to dive for the rest of the meet.
- D. **Parents cannot talk to judges during the entire meet. Protests will be heard only from the head coach of the team concerned. Protests must be directed to the head coach who will address parent concerns with the league director.**
- E. A balk, less than three steps in the approach, or the absence of a hurdle will incur a two-point deduction from each judge's scorecard. A crow hop may have a 1-3 point deduction.
- F. Once a dive is scored, the score cannot be changed.
- G. Divisional Qualifying: Athletes must check in for events that have less than eight divers. Less than eight divers may not dive in the qualifying meet if weather is bad. Divers must participate in qualifying divisional to progress to the divisional championships.

☆ IX. PROGRAM CHANGES

- A. Bad Weather
The safety of the swimmers and spectators is very important. Weekly meets and dual meets that are cancelled will not be rescheduled. You can call the pool or go to the pool to find out the decision on the meet.

Qualifying and championship meets must be completed. If bad weather, the meet will be postponed until the weather clears. If the meet cannot be conducted on that day, it will be rescheduled. Participants must call or come down to the pool to determine the scheduled start time.
- B. The schedule of dives has been thoroughly researched. We selected this progression of dives for the diver's safety and advancement. The dives build progressively from one meet to the next and enhance the skill level at a safe speed. The degrees of difficulty sheet (attached) has been revised for a fair judging system.
- C. **If a diver's birthday is between June 1st and August 1st, they may compete at the next age level. However, once a diver competes in an age group they must remain in that age group for the remainder of the season.**

***** The required dive for all age groups will be the first dive performed at each weekly meet.**



X. PARENT RESPONSIBILITIES

- A. Provide transportation for their child to and from practice and competitions in a timely manner.
- B. Give support to their child's efforts to improve and progress their diving through praise, understanding, and attendance at meets.
- ☆ C. Respect coach's authority by:
 - 1. Refrain from interrupting practice. Please keep communication with coach to before or after practice.
 - 2. Please do NOT use diving technique at home. For the safety of your child do not let your children attempt dives learned at practice at home.
- D. Parents must pick their child up as soon as practices or meets are over. Coaches and staff will not be responsible for divers after practices or meets.

XII. SCHEDULE

Divers will be let into the pool area 30 minutes prior to meet start time. Twenty minutes prior to the meet will be warm-ups for the 8 and under age group only. All meets will break for warm-ups between each age group.

Attached is a calendar of when the season starts and when and where dive meets are for the season.

Please give us your feedback on swim lessons or recreation dive teams. Upon completion of your program, we would like you to tell us what you thought. Please visit us at www.mesaaz.gov/parksrec

SUMMER 2015 DIVING SCHEDULE

<i>Day</i>	<i>Date</i>	<i>Dive List</i>
Wed.	<u>June 10</u> FR, SH @ ST CA, SK @ KI BH, Mesa @ RH 6 pm 5:30 warm-up	Meet #1 (8-12) Front dive, plus 2 optional (13-17) Front dive, plus 3 optional
Wed.	<u>June 17</u> BH, KI, SH, ST @ CA FR, RH, SK @ Mesa 6 pm 5:30 warm-up	Meet #2 (8-12) Back dive, plus 2 optional (13-17) Back dive, plus 3 optional
Wed.	<u>June 24</u> CA, FR, KI, Mesa @ SK BH, RH, SH @ ST 6 pm 5:30 pm warm-up	Meet #3 (8-10) 1 required, plus 2 optional (11-12) Inward dive, plus 3 optional (13-17) Inward dive, 1 required, plus 3 optional
Wed.	<u>July 1st</u> BH, CA, FR, SK @ KI RH, SH, ST @ Mesa 6 pm 5:30 pm warm-up	Meet #4 (8-10) 1 required, plus 2 optional (11-12) Reverse dive, plus 3 optional (13-17) Reverse dive, 1 required, plus 3 optional
Wed.	<u>July 8th</u> CA, FR, KI, RH @ ST BH, Mesa, SH @ SK 6 pm 5:30 pm warm-up	Meet #5 (8-10) 1 required, plus 2 optional (11-12) 1 required, plus 3 optional (13-17) 2 required, plus 3 optional
Mon.	<u>July 13</u> Girls 5 pm 4:30 pm warm-up @ SH	League Qualifying - Girls (all divers) 1 required, plus 2 optional
Tues.	<u>July 14</u> Boys 5 pm 4:30 pm warm-up @ SH	League Qualifying - Boys (all divers) 1 required, plus 2 optional
Tues.	<u>July 21</u> 5 pm 4:30 pm warm-up @ SH	League Championships (8-10) 1 required plus 2 optional (11-12) 1 required plus 3 optional (13-17) 2 required plus 3 optional

KEY:	BH Brimhall	CA Carson	FR Fremont
	KI Kino	Mesa Mesa High	RH Rhodes
	SH Shepherd	SK Skyline	ST Stapley

Hate to see the summer end, want to keep diving all year?

Join a US diving club!

Mesa Aquatics Diving	Head Coach Rory Russell – 480-668-4104
East Valley Dive Club	Head Coach Lauren Thiel—480-298-0576

RECREATIONAL DIVING LEAGUE

Degree of Difficulty Sheet

Only the dives listed with a Degree of Difficulty may be used in meets.

Dives with ** are Required Dives.

Required Dives may be used as Optional Dives.

Position abbreviations are T=tuck, P=pike, S=straight, F=free

Dive Number	Dive Description	1Meter DD				3 Meter DD			
		T	P	S	F	T	P	S	F
Forward Group									
001	Forward Line-up**								1.0
100	Forward Jump**	1.0	1.0	1.0		1.0	1.0	1.0	
101	Forward Dive**	1.3	1.4	1.2		1.4	1.5	1.3	
102	Forward 1 SS	1.4	1.5	1.6		1.4	1.5	1.6	
103	Forward 1 ½ SS	1.6	1.7			1.7	1.8		
104	Forward 2 SS	2.0	2.3			2.0	2.3		
105	Forward 2 ½ SS	2.4	2.5			2.3	2.4		
Back Group		T	P	S	F	T	P	S	F
002	Back Line-up**				1.1				1.2
200	Back Jump**	1.0	1.0	1.0		1.0	1.0	1.0	
201	Back Dive**	1.6	1.7	1.5		1.7	1.8	1.6	
202	Back 1 SS	1.5	1.6	1.7		1.5	1.7	1.8	
203	Back 1 ½ SS	2.2	2.4			2.3	2.5		
205	Back 2 ½ SS					2.8			
Reverse Group		T	P	S	F	T	P	S	F
301	Reverse Dive**	1.6	1.7	1.8		1.7	1.8	1.9	
302	Reverse SS	1.6	1.7			1.6	1.7		
303	Reverse 1 ½ SS	2.3	2.5			2.4	2.6		
Inward Group		T	P	S	F	T	P	S	F
401	Inward Dive**	1.5	1.6			1.6	1.7		
402	Inward 1 SS	1.7	1.8			1.7	1.8		
403	Inward 1 ½ SS	2.2	2.4			2.1	2.3		
405	Inward 2 ½ SS					2.5			
Twisting Group		T	P	S	F	T	P	S	F
5111	Forward Dive ½ Twist**		1.7	1.7			1.9	1.9	
5122	Forward 1 SS 1 Twist				1.9				1.9
5124	Forward 1 SS 2 Twists				2.3				2.3
5131	Forward 1 ½ SS ½ Twist	2.0	2.1			2.1	2.2		
5132	Forward 1 ½ SS 1 Twist				2.3				2.2
5134	Forward 1 ½ SS 2 Twist				2.4				2.5
5221	Back 1 SS ½ Twist				1.8				
5223	Back 1 SS 1 ½ Twists				2.3				
5225	Back 1 SS 2 ½ Twists				2.5				
5231	Back 1 ½ SS ½ Twists				2.3				2.1
5233	Back 1 ½ SS 1 ½ Twist				2.7				2.5
5311	Reverse Dive ½ Twist			1.8					
5321	Reverse SS ½ Twist				1.9				